

## **WEIGHTLIFTING WALES WELSH NATIONAL SQUAD POLICY 2022/23**

### **1. Introduction**

This policy outlines the process by which Weightlifting Wales will select athletes for the Welsh National Squad. It has been created in line with Weightlifting Wales (WW) [Strategic Plan 2020- 2024](#):

- Establishing a high-performance environment for elite weightlifters to develop as a person and compete successfully at Wales and UK national events, and major international events.

### **2. Minimum Eligibility Criteria**

To be considered for selection for the Welsh National Squad, athletes must satisfy the following criteria:

2.1 Athlete must be eligible to compete by nationality for Wales as per the CGF Constitution. This means (in summary):

- Born in Wales;
- Parent was born in Wales;
- Grandparent was born in Wales; and/or
- Continuous residency in Wales (minimum three years).

An athlete declaring nationality eligibility for Wales must provide supporting documentary evidence to the WW Performance Pathway Manager by the end of the qualifying period. Athlete must also be listed under Wales on their British Weight Lifting (BWL) Sport 80 account.

2.2 Athlete must be a current member of Weightlifting Wales (WW) and not suspended.

2.3 An athlete must not be in dispute with WW, or British Weight Lifting.

2.4 An athlete must remain compliant with Anti-Doping procedures and complete all relevant UKAD Education & Training required by Weightlifting Wales.

2.5 Athlete must sign the 'WW Athlete agreement'.

2.6 Athlete must comply with the WW athlete agreement, including the code of conduct and display appropriate behaviours at all squads, training camps and events in-line with the 'WW Athlete agreement'.

### **3. National Squad Selection Criteria**

Weightlifting Wales will select an athlete as per the selection process set out in section 5 below. However, all athletes must meet the minimum selection criteria in section 3.

3.1 Athlete must have achieved the relevant minimum selection standard for their category in an approved competition six months prior to the review dates. Squad selection will take place in January and July.

**Approved Competition data** Weightlifting Wales athlete data base monitors all Welsh BARs registered competitions, all British National championships, Welsh and British representation at international competitions. Where an athlete has competed in a tier 3 event in another home nation it is their responsibility to contact Weightlifting Wales with the results. The relevant scoresheet will then be sourced to update the data base.

3.2 Athletes that meet the minimum standard at an approved competition will be considered by the selection panel prior to the review dates. It will be the athlete's responsibility to contact Weightlifting Wales with the relevant results sheet if they have met the minimum standard before the review dates. Once the maximum squad size is reached, athletes will only be selected at review dates.

3.3 Age categories that are eligible for the Welsh National Squad are Senior, Under 23 and Junior.

3.4 Senior athletes' minimum standard

Senior Male minimum standard

M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
214	245	259	269	285	298	303	306	312	327

Senior Female minimum standard

W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
142	152	168	179	185	195	198	204	208	221

Athletes within 2% of the standard and/or who have a performance trajectory of achieving the standard within the next six months will be considered by the selection panel.

3.3 Under 23 and Junior athletes' minimum standard

**Male Under 23 & Junior minimum Standards**

Age 31 December				
Age	23	22	21	Junior
Bodyweight				20, 19, 18
u55kg	193	186	181	175
u61kg	221	213	207	200
u67kg	233	227	220	212
u73kg	242	235	228	221
u81kg	257	248	241	233
u89kg	268	260	252	243
u96kg	273	265	257	248
u102kg	275	267	259	250
u109kg	281	273	265	255
+109kg	294	285	277	267

## Female Under 23 & Junior minimum standard

Age 31 December				
Age	23	22	21	Junior
Bodyweight				20, 19, 18
u45kg	128	123	120	115
u49kg	137	132	129	124
u55kg	151	147	142	138
u59kg	161	157	151	146
u64kg	167	161	157	151
u71kg	176	170	165	159
u76kg	178	173	167	162
u81kg	184	178	173	167
u87kg	187	182	176	170
+87kg	199	194	187	181

## 4 Selection Process

The WW selection panel will convene to select athletes during the review dates (subject to change by WW).

4.1 The maximum squad size will be 20 athletes

4.2 The selection process will be conducted by the Weightlifting Wales selection panel, who will be provided with the following supporting information:

- WW athlete database of eligible Welsh athletes for each age and weight category
- Selection Policy Criteria
- Male Commonwealth Pathway Standards
- Female Commonwealth Pathway Standards

4.3 If the total number of athletes eligible for selection using the criteria in (4.2) is greater than the maximum squad size (4.1), the selection panel at their discretion reserves the right to select the athletes who demonstrate the greatest potential at the following events (in order of priority) Victoria 2026 Commonwealth Games and 2030 Commonwealth Games. The following criteria are to be considered:

4.3.1 Competition results

4.3.2 Engagement with Training Squads and performance reviews

4.3.3 Progression trajectory

## 5 Performance Selection Panel

The Performance selection panel will (subject to illness or other legitimate reason for absence) be chaired by the Chair of the WW Performance Sub Committee and comprise of:

- Board Director and Performance Sub Committee Group (Ross Miller) CHAIR
- Board Director and Performance Sub Committee Group (Nathan Stephens)
- Board Director and Performance Sub Committee Group (Joanne Calvino)
- WW Strategy & Development Manager (Simon Roach)

WW Performance Pathway Manager (Ania Negele) NON-voting capacity will present documents and data to the panel.

Other members of WW may be in attendance in a non-voting capacity to supply background information and technical or medical information.

- WW Development Officer
- WW Sport Science & Medical personnel
- WW Team Manager for Event

A written summary of the notes from this meeting will be recorded and available to an athlete on request in the event an athlete wishes to consider appealing the selection panel's decision.

Athletes will be informed by email of the selection decision.

All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Selection Panel.

In the event of a tied vote, the Chair of the Performance Sub Committee will cast the deciding vote.

## **6 Conditions of Selection**

Once selected, all athletes must maintain all the following conditions of selection, (and failure to do so may result in de-selection at the discretion of the selection panel):

6.1 Abide by the WW Athlete code of conduct

6.2 Fully comply with the athlete agreement

6.3 An athlete must remain compliant with Anti-Doping procedures

6.4 Complete any additional anti-doping education that is necessary to maintain eligibility to compete

6.5 Work with the performance team to agree performances plans

6.6 Wear appropriate apparel as specified by WW at all camps, events, and competition

6.7 Inform WW immediately of any injury and illness

6.8 Strict embargo on squad selection. Selection is confidential until an official announcement has taken place by WW.

6.9 Attendance at squads and camps is compulsory. In unforeseen circumstances where athletes are unable to attend, they must communicate non-attendance sufficiently. Repeated non-attendance may lead to the athlete being deselection from the squad.

6.10 If an athlete does not continue to maintain the minimum qualification standard on the selection review dates, a 6-month period will be provided to allow time for the athlete to progress to the standard, failing which the athlete will be deselected from the squad.

6.11 It is an athlete's responsibility to carefully read the WW 'athlete agreement' and fully comply with the requirements of these legal documents regarding advertising their sponsors. Failure to do so could result in deselection. WW recognise that Athletes may have sponsors who support them, where these sponsors have asked to be promoted by the athlete following their selection, we recommend they contact the WW Performance Pathway Manager to discuss any potential conflicts with current or potential partners.

6.12 The Selection panel under the advice of the WW Performance team reserve the right to de-select any athlete who fails to adhere to the terms outlined in this selection policy & the 'WW athlete agreement'.

6.13 If an athlete displays inappropriate or unacceptable behaviour that reflects poorly on WW, themselves or other selected team members, WW is entitled to investigate the situation fully. If the actions of the athlete cannot be resolved, then WW may outline an appropriate course of action to resolve the situation, which may include informal or formal disciplinary action and deselection.

If WW concludes that an athlete has been found not to have met the above criteria for continued selection, the selection panel at their discretion reserves the right to:

- de-select the athlete
- set further conditions of selection
- request further assessment of health & fitness.

A deselected athlete will be entitled to appeal the decision and provide written representation in accordance with the WW appeals procedure (7.0).

## **7 Appeals**

Athletes have the right to appeal their non-selection in accordance with the "WW Appeals Procedure". A copy can be requested from Weightlifting Wales.

In addition, athletes have the right to appeal if they are de-selected in accordance with the "WW Appeals Procedure". WW reserves the right to deselect athletes if sufficient evidence exists to suggest that an athlete is not meeting the conditions of this selection policy. WW will give athletes a minimum of 72 hours to notify WW of their intention to appeal their deselection.

## **DEFINITION OF KEY TERMS**

**Approved Competition data** Weightlifting Wales athlete data base monitors all Welsh BARs registered competitions, all British National championships, Welsh and British representation at international competitions. Where an athlete has competed in a tier 3 event in another home nation it is their responsibility to contact Weightlifting Wales with the results. The relevant scoresheet will then be sourced to update the data base.

**British Weight Lifting (BWL)** – the National Governing Body for Weightlifting and Weight Training in the UK

**Commonwealth Games Federation (CGF)** - the organisation which governs the Commonwealth Games.

**Commonwealth Pathway Standards (CWPS)** – Standards are based on analysis of medal zones across previous Commonwealth Games with regression from the medal standard based on the progress rates of medal-winning UK athletes. Totals are displayed by age and weight categories.

**Performance Targets** – With consideration for the expectations of key funding partners BWL reserves the right to agree to individualised performance targets specific to the athlete, event, or both.

**Sport Wales** – the national organisation responsible for developing and promoting sport and physical activity in Wales. They provide funding to support grassroots and the development of elite sport pathways in Wales.